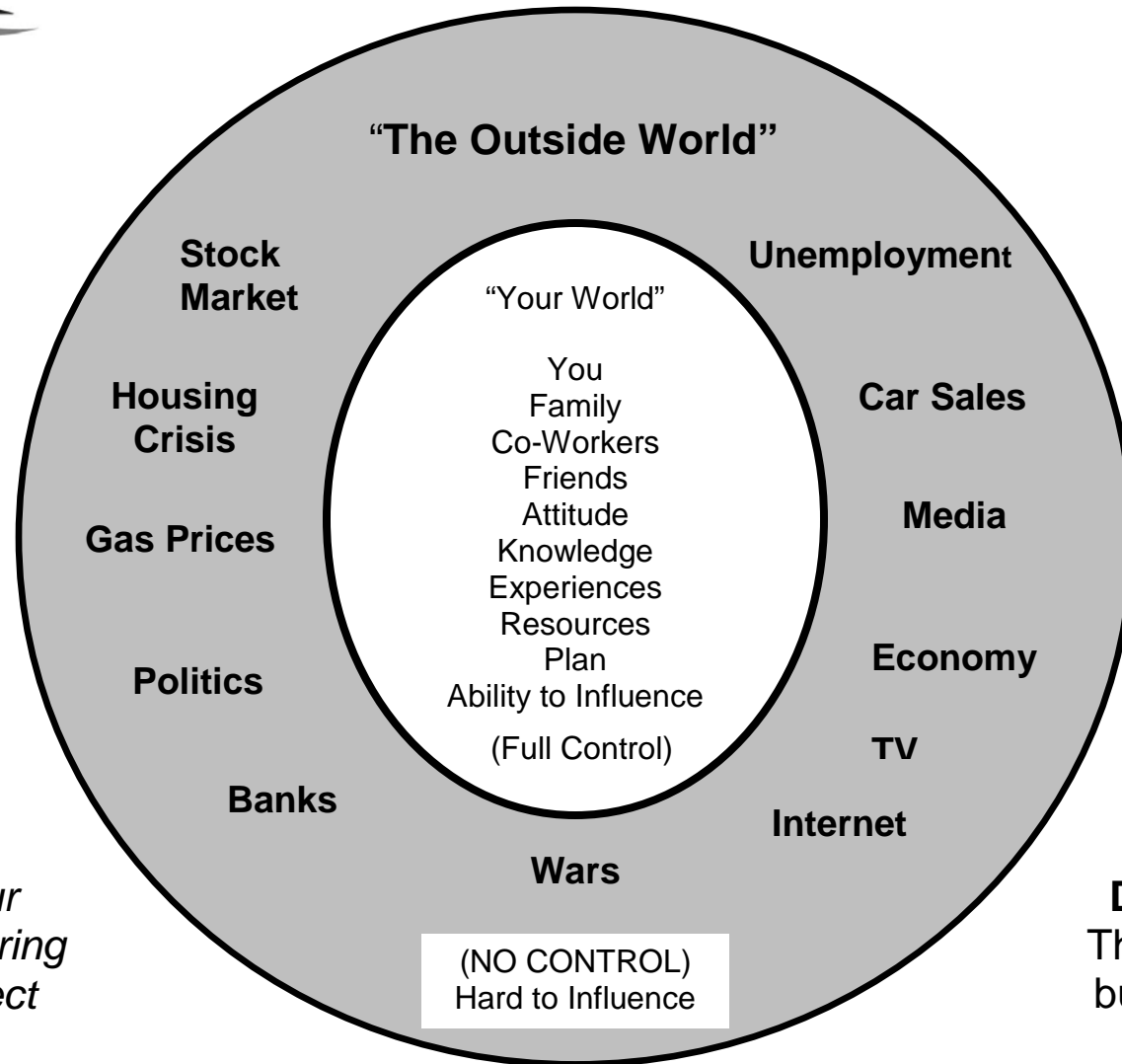




# Two World System

*Live it and Share it!*

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*Chose to control your stress levels by monitoring what you allow to affect “your world”*

**Definition of Stress:**  
Things you can't control but are troubling to you

***Focus your energy on what you can control  
And minimize things that are out of your control!***